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Montana Association for Health, Physical Education, Recreation and Dance

Health & Physical Education

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Winter Newsletter
1982-83

JUMP FOR JOY

It feels good to be fit. More Americans are on the move today thanks to innovative physical education programs in our schools and a continuing public attitude about the lifelong benefits of staying active and healthy. Support physical education and sports in the schools.

NATIONAL PHYSICAL EDUCATION AND SPORTS WEEK
IS
MARCH 1-7, 1983

Celebrate the week with a Jump Rope For Heart event, a project of the American Alliance and the American Heart Association.

AMERICAN ALLIANCE
for Health, Physical Education, Recreation and Dance
1900 Association Drive, Reston, VA 22091. (703) 476-3488

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Montana Association for Health, Phys tion and Dance

EXECUTIVE BOARD, 1982-83

Position	Name	School/Phone
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MSU DEPARTMENT OF HEALTH, PHYSICAL EDUCATION & RECREATION

COLLEGE OF EDUCATION MONTANA STATE UNIVERSITY, BOZEMAN 59717

A MESSAGE FROM THE PRESIDENT

I'm sure many of you have read or heard the story by Harry Johnson in which he associates athletic performance with a tall tale of the North Woods involving a wood chopping skill contest between a Swede and a Finn. For those who have not heard the story, a shortened version herein presented relates how the two men vying for the wood chopping championship first contested their speed by chopping wood with identical equipment. Ten cords later the result was a tie. As no championship can end in a tie, it was decided accuracy would be the next factor tested. They competed by splitting matches, then straws and finally hitting pencil marks and bird shot. Again, the result was a tie. Next it was decided that form could be tested by seeing how long each man could chop before dropping from exhaustion. You guessed it. After many hours of continuous chopping, both the Swede and the Finn dropped simultaneously. Then some smart soul (a P.E. teacher, it's purported) suggested the two men determine which was the most adaptable. This was to be done through the use of a variety of axes, chopping blocks and woods. Well, to avoid any national conflicts, I'll just state that one of the contestants was unable to handle the variety of equipment and thus, in the end, adaptability was the deciding factor in the championship. Mr. Johnson's purpose of the story was to point out that the formula for skill was equal to speed plus accuracy plus form and adaptability.

Perhaps we, as teachers, can also find a use for such a tale in terms of our teaching. We come into our profession with certain knowledges and abilities and are all too content to stay within the parameters of common procedure and methodology. It behooves us as educators to broaden our horizons, increase our knowledges and perhaps go ABOVE AND BEYOND our present boundaries through the use of new and innovative approaches and/or programs and even become more adaptable.

TELEPHONE (406) 994-4001

One avenue you, as a teacher, have available is your MAHPERD convention. The 1982 convention in Helena, under the leadership of Emilee DeKam and her co-managers, was well attended, informative and varied. This coming year the convention will be held in Bozeman, October 20 and 21, with the theme being "ABOVE AND BEYOND." I hope you will mark these dates on your calendar and plan to be with us for what should be a worthwhile experience.

Another weekend to mark in your date book is February 26 and 27. This is the weekend for the Second Annual MAHPERD Snow Flakeout at Bridger Bowl and the new Cross Cut Touring Center in Bozeman. Information on cost and registration is included with this newsletter.

To bring you up to date on a couple other items, I have written to all colleges in the state suggesting they offer a new course for majors and minors part of which would require attendance and participation in the MAHPERD convention. This would aid greatly in both student attendance and involvement. Montana State University needs only final approval for its proposed course for the Autumn Quarter.

Unfortunately, no progress has been made in the area of obtaining credit for teachers in the field for attending the conventions and prospects are not good.

In closing, a roaring round of applause for Emilee and her board for all their work in making the '82 Roundup a great success. Looking forward to seeing you February at the Snow Flakeout and October in Bozeman for the convention.

HERB AGOCS

FROM THE STATE SUPERVISOR

It seems almost incredible! How can the school year be half over already? For me, this has been one hectic, hard-working, non-stop semester but, also, one of the most enjoyable.

So far this year, I have visited about 50 schools, met some fantastic teachers and saw some super programs. I've gone to The Dalles, Oregon and the National Outdoor Education Conference where I presented a session on Montana's Outdoor Education Workshops for Teachers. Then, in October, we had the state convention here in Helena. President Emilee and "her crew" did a fantastic job and we had one of our best conventions yet! We all owe Em a lot for her year of hard, dedicated and enthusiastic work. And, hats off to Ken for giving her the support at home that she needed. Remember, behind every successful woman is a hardworking, supportive man. After the convention, I flew to Florida for their Outdoor Education Workshop for Teachers where I made two presentations, met their staff and mingled with their teachers. Upon returning to Montana, we had two workshops in Glacier Park on outdoor education called the Eagle Watch Workshop. Over 70 teachers attended from all over the state. By the way, there were over 350 eagles there during the second workshop.

Now that I've brought you up-to-date, I would like to give you an idea of what is in store for the rest of the year. First, I will be attending school at Montana State University in Bozeman on a part-time basis and here on the job part-time. It looks like Monday, Tuesday and Wednesday in Bozeman and Thursday and Friday in Helena. Needless to say, this will slow me down some and it may require some patience on your part. Although I may be somewhat slowed, things will not come to a standstill! We have some workshops scheduled that may interest you. Each of these will have a limited registration. So, if your are interested, let me know and I will make sure you are on the mailing list for information.

The most enjoyable aspect of a job like mine is being able to work for people like you. I am proud of the progress we have made together in our profession and I am proud of the programs you are starting in your schools. It is obvious from attendance and evaluations of our workshops that they are needed and well-liked and as long as that continues, we will attempt to provide more workshops.

Remember, to be placed on a mailing list or for more information on a workshop, just drop me a letter or call on our educational hot line (1-800-332-3402).

I hope you all have a most enjoyable second semester.

SPENCER SARTORIUS, Supervisor
Health & Physical Education
Office of Public Instruction
Helena, Montana 59620

WORKSHOP SCHEDULE

March 4-6, 1983	YELLOWSTONE WORKSHOP	Mammoth Hot Springs. This will be offered for one credit (optional). It will cover some science related activities, survival, hypothermia and air rifle shooting. We will also do some cross-country skiing into the Park; plus, we will be able to enjoy the Mammoth "hot pots" in our spare time.
March 12-14, 1983	NORTHWEST AAHPERD CONVENTION	Portland, Oregon.
April 5-11, 1983	AAHPERD NATIONAL CONVENTION	Minneapolis, Minnesota.
May 14-16, 1983	SHOOTING SPORTS AND OUTDOOR EDUCATION WORKSHOP	Circle 8 Ranch, Choteau. This will cover such areas as archery, B-B gun, .22, shotgun and black powder shooting; plus, a horseback ride into the back country adjacent to the Bob Marshall Wilderness. Also, offered for one credit (optional).
July-August, 1983	PIONEER MOUNTAINS OUTDOOR EDUCATION WORKSHOPS	Birch Creek Camp, North of Dillon. There will be four outdoor education workshops each a week long starting July 10 for elementary teachers, July 17 for secondary, July 24 will start an advanced outdoor education workshop and the last will be a backpacking workshop starting July 31. These will cover a wide variety of activities and be offered for credit. If you are looking for a fun summer workshop that will give you a bunch of new ideas, this is it! There is one for everyone! Let me know if you are interested and I'll send you information.

*FOR MORE INFORMATION, CONTACT: Spencer Sartorius

Northwest District A.A.H.P.E.R.D.

1983 Convention

AT: Mt. Hood Community College, Portland, Oregon

WHEN: March 13th & 14th, 1983

Come and Celebrate Our

GOLDEN ANNIVERSARY

MARCH 13TH (SUNDAY)	10:45 - 5:10	Sessions
	12:15 - 1:40	Luncheon Speaker: Dr. Harold Enarson, Kellog Foundation Honor Awards Fashion Show
	5:30 - 6:30	Friendship Hour
	6:30 - 8:15	Golden Anniversary Dinner
	8:30 - ?	Rendezvous and Reminisce
MARCH 14TH (MONDAY)	9:00 - 4:15	Sessions
	12:00 - 1:20	Luncheon and Annual Business Meeting

PLUS! PLUS! PLUS!

Golden Opportunity Day

MARCH 12TH (SATURDAY)

Why not come early and take advantage of:

A Ski Package -- on Mt. Hood
Mini Running Clinic -- and a "Fun Run"
Mini Raquetball Clinic -- and Doubles Competition
Friendship Dinner -- Dining and Dancing

AAHPERD'S ON THE MOVE SO GET WITH IT

JOIN THE AMERICAN ALLIANCE

VALUABLE BENEFITS INCLUDE

Your choice of three outstanding periodicals.
Journal of Physical Education, Recreation and Dance (9 issues)
Health Education (6 issues)
Research Quarterly for Exercise and Sport (4 issues)
Plus Update, your professional newspaper.

Membership in one or two Alliance associations, which bring you specialized benefits to help you in your particular field.

Annual Convention — also 6 regional conventions, state and local meetings — where you can make contact with your colleagues.

Hundreds of professional publications, some of the best current literature in your field, available at low cost. And we'll keep you posted on how to get them!

- Low cost optional insurance programs.
- International Group Travel Program.
- Car Rental Discount/Credit Service.
- Job Placement Service.

TO JOIN, JUST TAKE THE 5 EASY STEPS ON THE OTHER SIDE OF THIS FORM. JOIN NOW.

EASY STEPS TO 5 MEMBERSHIP

AMERICAN ALLIANCE FOR HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE

1 Yes, I want to join the American Alliance. Please start ☐ renew ☐ (check one) my membership.

Name _____

Address _____

City _____ State _____ Zip ____

2 **I select membership in the following association(s) of the American Alliance**

■ Check two boxes — you may check one association twice (Each check you make gives a portion of your dues to that association).

☐☐ American Association for Leisure and Recreation
☐☐ American School and Community Safety Association
☐☐ Association for the Advancement of Health Education
☐☐ Association for Research, Administration, Professional Councils and Societies
☐☐ National Association for Girls and Women in Sport
☐☐ National Association for Sports and Physical Education
☐☐ National Dance Association

3 Your American Alliance dues depend on your choice of periodicals.

Please: SELECT ONE OF THE OPTIONS BELOW;

Update and:	Professional	Graduate	Undergrad
Any one periodical	☐ $42	☐ $25	☐ $22.50
Any two periodicals	☐ $52	☐ $35	☐ $32.50
Any three periodicals	☐ $62	☐ $45	☐ $42.50

4 INDICATE THE PERIODICALS YOU WISH TO RECEIVE:

☑ Update
☐ Journal of Physical Education, Recreation and Dance
☐ Health Education
☐ Research Quarterly for Exercise and Sport

5 PLEASE CHECK ONE:

☐ My payment is enclosed (check payable to AAHPERD)
☐ I wish to charge my membership ☐ VISA ☐ MASTERCARD

Card # _____ Expiration Date _____

Signature _____

For office use only 124
DT: _____
Clc: _____ code
Amt. _____
No. _____

I understand that of the amount indicated for membership dues, $2.00 is for one year subscription to UPDATE and the following amounts are for the periodicals selected:
Research Quarterly - $6.00,
Health Education - $6.00,
and JOPER - $6.00

AAHPERD
1900 Association Drive,
Reston, Virginia 22091

Expires 12/8

AAHPERD news
The American Alliance for Health, Physical Education, Recreation and Dance
1900 Association Drive, Reston, VA 22091

AMERICAN ALLIANCE

A WELLSPRING FOR TOMORROW

"A Wellspring for Tomorrow" is President Mary K. Beyrer's theme for the 1983 AAHPERD National Convention to be held April 7-11, 1983 in Minneapolis, Minnesota. And with 150 program sessions, 39 workshops, and 21 in-depth conferences planned, the Minneapolis Convention truly will be a wellspring -- of learning experiences.

There will be meetings, clinics, symposia, panel discussions, and presentations in every Alliance specialty interest. In addition, four general sessions will feature speakers of national prominence, and the Central District will be celebrating its 50th anniversary.

And don't forget the exhibition -- a sell-out for each of the past five years -- featuring teaching aids, books, sports equipment and clothing, and many other services and supplies. The exhibitors will be demonstrating their products for you, answering your questions, and discussing your program needs. This year, the Exhibition will open on Saturday, April 9.

All in all, it figures to be another record-breaking "happening," and you won't want to miss it. Now is the time to mark your calendar, reserve your hotel room, and start planning for this big event.

Featured in this issue of UPDATE are just a few highlights of the Minneapolis Convention. Look for more information in future issues of UPDATE, and in JOPERD and HEALTH EDUCATION.

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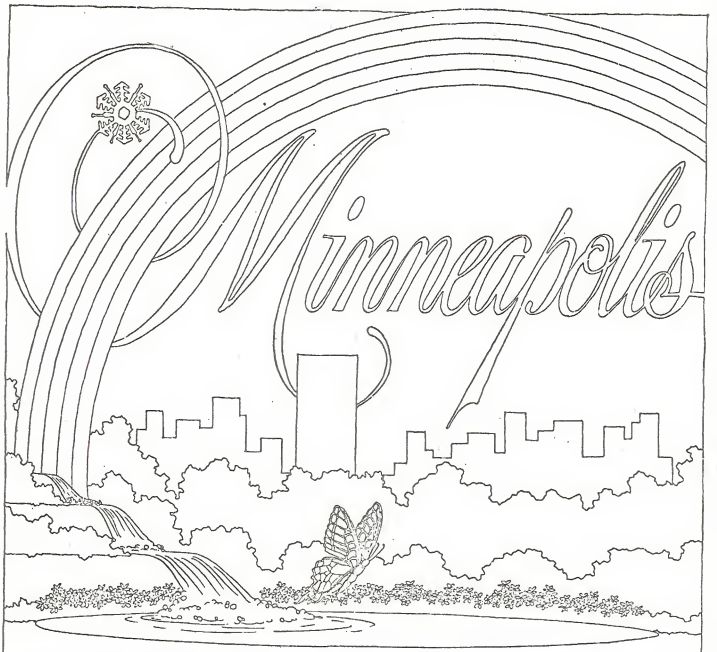

A Wellspring for Tomorrow

AAHPERD

National Convention & Exhibition

Minneapolis, Minnesota

April 7 - 11, 1983

TIPS FOR JUMP ROPE FOR HEART EVENT

Registration for the JUMP ROPE FOR HEART 1983 is well underway. The response is impressive! Have you sent in the registration for your school yet? Remember, this event is targeted for all school age groups through college age. The 1983 JUMP ROPE FOR HEART will be taking place throughout the State during or near the week of March 1-7 which is National and Montana Physical Education and Sports Week.

The purpose of this article is to send a few ideas your way which might be helpful in making the decision to have your school participate and some thoughts which might make the job of being the coordinator a little more organized.

First, a few thoughts on why you should be interested in this project.....1) It educates students, faculty and parents about the lifelong cardiovascular benefits obtained from regular physical exercise.....2) It projects a positive image of the health and physical education teacher as a professional involved in community service.....3) It creates media opportunities for educating the public about other physical education programs, and.....4) It instills school pride and the students really enjoy being involved.

The Montana Heart Association included a questionnaire with the wrap-up of the 1982 event which asked for comments and suggestions for improvement. This information was requested to be passed on to you. Not one response indicated any frustration and were all of a positive note. The responses included....."Thank you for the fine gifts that were given to my students. It was a lot of fun and we hope to do it again next year"....."Appreciate the accuracy and speed with which all correspondence is handled. This makes the project go much faster and easier" ....."We can do much better"....."I am very impressed with your organizational structure and efficiency; it makes a coordinator's job seem easy"....."Heart Association does an excellent job of sponsoring this event!"

However, there are a few things which might be worth considering as you get underway:

1. Number the pledge sheets and have each student sign for that particular one as they are given out. Have students list their names, addresses,telephone numbers and parents' name on the registration sheet. This procedure gives the student a greater feeling of responsibility for returning it whether it has been used or not. Indicate that ALL pledge sheets must be returned.
2. Ask that all sponsors pay by check whenever possible.
3. Open a bank account under your name for the Montana Heart Association and deposit all cash and checks into the account. At the end, it is easy to just write one check and send it to the Montana Heart Association.
4. If a check is returned for insufficient funds, check by telephone with the bank indicated until there are sufficient funds and then send it through again.
5. It is a good time to let the public know what is happening at school, so attempt to get some good news coverage.

Good luck.....have fun and promote the school spirit through JUMP ROPE FOR HEART! We presently have 93 schools signed up in Montana and ready to go! Our goal is to have over 100 schools, so we're getting close to the goal. If you have not registered yet, do so today. Send your registration or inquiry to the Montana Heart Association, 510 First Avenue North, Great Falls, Montana 59401. Each school participating will receive educational materials, some jump ropes, a coordinator's warm-up suit, student incentive awards based on pledges collected, and more!

.....EMILEE DEKAM
MAHPERD JRFH COORDINATOR

The following article by Alliance President Mary K. Beyrer will appear in the January issue of the "Journal of Physical Education, Recreation and Dance." You may reprint it.

President Beyrer on: Jump Rope for Heart

Some days it is difficult to remember that it takes both rain and sunshine to make a rainbow. In fact, some days you have to look pretty hard to find some happy news. Well, I have some and it's only four words: JUMP ROPE FOR HEART.

In just a few years as a national project, Jump Rope for Heart (JRFH) has grown from the original single event held at Riverside High School in Milwaukee, Wisconsin in 1978 to a virtual national phenomenon. Over one million students from approximately 7,500 schools took part in the project in 1982.

The profound success of this program has produced a "Wellspring" of benefits for the Alliance, the American Heart Association (AHA) and the public. More specifically, JRFH has:

—Informed millions of students and parents about the importance of maintaining a physically active and healthy lifestyle.

—Introduced to those same multitudes a vigorous, lifelong aerobic activity that almost anyone can master with a little practice.

—Projected a positive image of the health and physical education teacher as a professional involved in community service as well as academic affairs.

—Increased public awareness about the vital role that HPERD programs play in the education of our nation's youth by attracting media coverage and encouraging community involvement.

—Raised approximately $35 million for the AHA for use in research and education programs in the fight against high blood pressure, arteriosclerosis, heart attack, stroke and many other cardiovascular diseases which will cause the death of almost one million people this year.

—Helped the Alliance and the state HPERD associations to actualize many of their goals—particularly those involving the improvement of the quality of life.

Additionally, with the Alliance JRFH Grant Program now in place, funds have been made available which will enable Alliance members, through the Professional Associations and the District Associations, to submit proposals for projects which promote active and healthy lifestyles.

The Alliance is firmly committed to JRFH and will channel its energies to enable the event to maintain its track record of great achievements. To help ensure the project's continued success, we are planning a JRFH program at the Minneapolis Convention April 7–11 and an even larger, two-and-a-half day national workshop/conference in Reston, July 20–22.

I urge all of you to get involved in JRFH to help millions of young people experience the joy and values of exercise and health, to aid some 40 million Americans who suffer from heart disease, and to assist both the American Heart Association as well as the Alliance to become a "Wellspring for Tomorrow."

For information on how you can start a JRFH program in your school or enhance an ongoing one, contact: Mark Root, American Alliance National Center, 1900 Association Drive, Reston, Virginia 22091. Phone: (703) 476-3488.

Mary K. Beyrer

M.A.H.P.E.R.D.

SECOND ANNUAL SNOW FLAKEOUT

Cross Cut Touring Center - Bridger Bowl Ski Area

Bozeman, MT 59717

The 2nd Annual Snow Flakeout will be held at the Cross Cut Touring Center and Bridger Bowl Ski Area, Saturday and Sunday, February 26, 27. Both areas are located 15 miles from Bozeman on the Bridger Canyon Road. The Cross Cut is located at Bridger Mountain Guest Ranch which is just off the connecting road to Bridger Bowl.

The recreation workshop is designed to offer opportunities for all skill levels in both cross country and downhill skiing, socialize with other MAHPERD members for an exchange of experiences and to provide ideas for organizing winter sports in the school situations.

Your committee has been fortunate in being able to put together a program which offers a wide variety of selections at 1/3 to 1/2 off regularly charged rates (see costs listed under the program). Members will be required to make their own reservations at motels. This should be done well in advance.

As at all our workshops and conventions, this program is for the service and benefit of MAHPERD members. For this workshop, spouses of members will be included and are required to pay the registration fee. MAHPERD memberships will be available at the registration desk.

Your Board is looking forward to an outstanding weekend. Be sure to be part of it!

Pre-registration would be of great help in preparing for your arrival. Do it today or at least by tomorrow!

Flakeout Chairman

Herb Agocs

MAHPERD SNOW FLAKEOUT

PROGRAM

Saturday Feb. 27	8:30-12:00	Registration - The "Puppy" Restaurant at Bridger Bowl (above the Roundhouse - come have breakfast) Bridger Canyon; skiing available following registration
	9:00 AM	Lift open - Bridger Bowl trails open - Cross Cut touring
	1:00 PM	Cross Country - choice of: a. Free touring (no lessons or clinics) b. Technique class c. Teaching clinic free skiing to follow
	2:00 PM	Downhill - choice of: a. Free skiing (no lessons or clinics) b. Regular Ski School c. Compatible groups (up to 10 students) anytime free skiing to follow (2 hour lesson)
	4:30-6:00 PM	No-host Happy Hour, Flaming Arrow
	6:00 PM	Chili dinner - Flaming Arrow
	7:00-9:00 PM	Program consisting of slides, movies and ski program organization - Flaming Arrow
	9:00 - ?	Open bar - Flaming Arrow
Sunday Feb. 28	9:00 AM	Lifts and trails open
	10:00 AM	Cross Country - open skiing or continuation of lessons and clinics
		Downhill - free skiing, continuation of classes, Star Test
		Remainder of day open for honing skills

LATE NOTE FROM SPENCE: There are many motels in Bozeman - I'm at the City Center (Pool, Hot Pool, Bar) 587-3158. Some others: Imperial 400 (587-4481) Holiday Inn (587-4561) Royal 6 (587-3103) Super 8 (586-1521) Thrifty Scot (587-5251) and Econolodge 587-5241

FEES, RATES AND PACKAGES AVAILABLE

(MAHPERD MEMBERS)

Registration fee	$6.00 (includes chili feed)
Cross Country MAHPERD Special	
Trail fee	1.00 per day
Two lessons or clinics	6.00
Ski, boots, pole rental	4.00 per day
Downhill MAHPERD Special	
Lift fee for two (2) days	13.00
Ski, boots, pole rental (Roundhouse Ski Shop)	6.00 per day
Two (2) lessons Sat. 2:00 PM, Sun. 10:00 AM Compatible groups any hour (up to 10 students)	10.00 (2 hrs. if 4 or more; 1 hr. if less) 30.00 per group (2 hr. lesson)
Star Test This is an internationally acclaimed competency based test at three levels of difficulty; Bronze (beginner), Silver (intermediate), Gold (advanced). Tests are given to groups only at specified times not available at this printing, on Saturday and/or Sunday	3.00 per person
Private lessons and tours available on demand	

REGISTRATION

MAHPERD SNOW FLAKEOUT

Name _____ Phone _____
Last First

Address _____
Street City Zip

Enclosing $6.00 registration fee /__/

I am interested in /__/ Cross country /__/ Downhill
/__/ lessons /__/ lessons
/__/ equipment /__/ equipment

Return registration form and/or inquiries to: Herb Agocs, HPER Department
Montana State University
Bozeman, MT 59717
994-4001